

SPOKE

Conestoga College, Kitchener

OCTOBER 11, 1999

What's Inside



These pumpkins are...
...in a...
PAGE 2



...is...
PAGE 15



Condors can't put it in the box.
PAGE 16

COMMENTARY
Page 4
Sexual assault experienced by 50 per cent of women

Arm broken in fall

By Brian Gall

A college employee has two broken bones in her left arm after slipping on the path in front of Door 4 at Doon campus, Sept. 30.

Erica Stoermer, a professional development assistant, said the accident was a combination of slippery shoes and bad luck.

Wet leaves may have contributed to her fall, but she said she has walked through the same conditions before, without stumbling.

Stoermer's arm is in a cast at least for a couple of weeks, when a specialist will decide if surgery is needed.

Stoermer complimented the assistance given by security and health services staff. She also said she appreciated the help of one female student in particular, who saw her fall and stayed with her until the ambulance took her to St. Mary's Hospital.

Al Hunter, supervisor of security services, said though the area hasn't been identified as a hazard, caution should be exercised anytime the pavement is wet, during the fall in particular, when leaves are falling.

"I'm not suggesting a leaf caused



Erica Stoermer, a professional development assistant at Doon campus, is helped by her husband Chris (left) after slipping on a pathway and breaking her arm Sept. 30. (Photo by Brian Gall)

it (the accident), but generally speaking, it's something we need to be aware of," he said.

Hunter added that pathways are

swept regularly by maintenance staff, but keeping them clear at all times during this time of year is tough.

Coming soon... FM radio

By Phil Wright

Conestoga's long anticipated FM-radio station may be ready to hit the airwaves as soon as next year.

However, those expecting a typical campus station will be pleasantly surprised, said Pat St. John, Conestoga's vice-president of communication studies, in his planning summary which he presented to the college's board of governors at the Sept. 27 meeting.

Although the debut is fast approaching, there remains significant work to be done, he said.

The station's call letters must be decided and St. John proposed a call letter and slogan competition open to all students.

The station's frequency (88.3) is known, but as St. John told the board, "branding is the key."

The legal incorporation of the station is proceeding along with the search for a studio location, said St. John.

The DSA has contributed \$30,000 in terms of funding.

A general manager for the station must also be hired.

Ideally, a general manager would be needed six months prior to the station's debut, said St. John. This would allow the manager to develop a marketing and sales plan.

Another key responsibility of the general manager would be the implementation of programming that would need to conform to Canadian Radio-television and Telecommunications Commission regulations.

The station will be on the air 24 hours a day and will be similar to CBC, using specialty shows and a music base.

Three hours per week will be ethnic programming. To fulfill that requirement, St. John said German, Portuguese and Italian programming are being considered for the station.

Twenty-five per cent of programming will be in a talk format and four hours weekly will be set aside for educational programming.

Commercials will total four minutes per hour and 504 minutes per week. Of that total, 126 minutes will be traditional advertising, such as 30- or 60-second spots, and the remainder will be in the form of sponsorships. See Station - page two

Recruiting new blood

By Brian Gall

Robin Wilson had been to two career fairs before, but he said they were nothing like Career Fair '99, Sept. 29 at Bingeman Park.

The third-year engineering student at Conestoga was one of several hundred people looking to speak with employers about career opportunities.

"These things (career fairs) are the best thing to go to. Just about everybody I know with a high-tech job has gone to one," said Wilson, who is looking for a job in engineering technology.

The event, which had sold out its exhibitor space, featured over 220 companies, offering work mostly in technology.

Conestoga College, in conjunction with Wilfrid Laurier University, the University of Waterloo and the University of Guelph organized the career fair,

"I don't think it's just college and university (people), there's a mix here."

Joanne Higgins-Hall,
Cadence employee

as well as free transportation for students. Each school also had exhibits, with applications and program information.

Leisa Cronsberry, a liaison officer at Conestoga, attended the college's exhibit to provide guidance for anyone interested in applying to Conestoga College, and she said lineups had been steady all day.

Other exhibitors included General Electric, Microsoft, Toyota and McCain Foods.

Cadence, an integrated-circuit design company, based in San Jose, Calif., was hoping to find electrical engineers and computer science people to fill 20-30 positions.

Cadence was also seeking students interested in internship and co-op programs.

Cadence employee Joanne Higgins-Hall said many inquiries were made by job seekers in general, not specifically students. See Career - page two



Andy Johnston, an application support employee at Northern Digital Inc. of Waterloo, demonstrates a precision sensor at the career fair held at Bingeman Park. Sept. 29.

(Photo by Brian Gall)

Pumpkins weigh in big

By Adam Wilson

The first weekend in October is special for the residents of Port Elgin. It is during this weekend that tourists of all ages flock to the small southern Ontario town for an annual event that was voted the People's Choice "most popular event in Ontario" in 1996 and '98. Even with rain and cold winds, Pumpkinfest '99 was yet another great year for the event, attracting more than 35,000 people on Saturday alone.

The event took place Oct. 2-3 with the weighing of the largest international pumpkin on the first day. Weighing of the largest locally grown pumpkin took place on the second day.

The Port Elgin competition became an independent weighing site for the international grower's competition, after it left the World Pumpkin Confederation in 1997.

Last year a 1,092-pound pumpkin, weighed in Port Elgin, was the largest in the world.

This year's largest pumpkin was weighed in Pennsylvania at over 1,100 pounds.

Port Elgin's largest pumpkin this year was awarded to Adrien Gervais, of Barrie, at a weight of 981.5 pounds.

The size of the pumpkins wasn't the only amazing story to come out of this year's event.

On Saturday, a six-year-old girl's life was saved when she began to choke on a piece of sausage.

She was rushed to Southampton's Saugeen Memorial Hospital where the piece of



Scott Cully, of Ashland, Ore., shows off his pumpkin-carving skills at Pumpkinfest.

(Photo by Adam Wilson)

food was dislodged by paramedics just before her arrival.

The festival also has competitions for other vegetables such as gourds, zucchinis, corn stalks, sunflowers and watermelons.

Pumpkinfest isn't just for growers. It is a family-oriented event with over 40 activities for children and adults.

Some of this year's events included an arts and crafts show, a farm machinery show, pumpkin carving (underwater and on solid ground), a Kiddie Karnival, a motorcycle show and shine and the popular antique car show.

"Pumpkinfest, is such a success

because it's original and there's lots to do," said Sara Morrow, a Pumpkinfest visitor from Saugeen Shores. "It also brings in a lot of revenue to Port Elgin as well as the surrounding area."

The car show has always been a popular attraction at Pumpkinfest.

In the past there have been as many as 970 cars on display in the downtown Port Elgin area.

The cars date back as far as the 1920s.

This year's show had approximately 850 cars on Saturday and 650 on Sunday.

Each year, organizers try to attract even more people to the

event by adding new features to the festival.

One of this year's new attractions was the Adult Lifestyles tent. In this area, local businesses showcased their resources on how to maintain a better way of life.

Some of the exhibitors included the Grey-Bruce Health Centre, Vital Signs and Fitness Corner.

The Port Elgin Chamber of Commerce declared this year's event a great success.

"We were awestruck," said Connie Barker, an organizer of the event. "Considering the bad weather, it was incredible."

Station a joint venture with CBC

continued from page one . . .

Forty per cent of the music content will be Canadian, and the play list will include a broad section of music.

"We'll play a little bit of everything," said St. John. "A large amount of pop, jazz, blues and some country."

Overall, said St. John, the station will also "act as a magnet to attract students and will be a wonderful opportunity to promote the college."

A partnership between the college and CBC was developed

Forty per cent of the music content will be Canadian.

In terms of the strength of the signal, no other college has a signal this strong, said St. John. Thus far approximately \$97,000 has been spent on securing the station, said St. John, when questioned by board member Bob Evans. However, the value of the signal is far in excess of that amount, he said.

Students may not realize the employment opportunities stemming from the college's partnership with the CBC. As part of their agreement, the CBC will send Conestoga its job postings at the same time the network posts them internally, said St. John. This will give Conestoga students approximately two weeks to apply before the postings go external.

The postings will not be exclusively broadcast jobs, but will include other areas such as administration and marketing as well, said St. John. Mary Wright, Conestoga's manager of student employment and co-operative education, said in an interview after the board meeting that she was not aware of any similar arrangement at the college for any other program.

Career fair used for promotion

continued from page one . . .

"I don't think it's just college and university (people), there's a mix here," she said.

Small companies, like Waterloo's Northern Digital Inc., were using the career fair as an opportunity to promote themselves.

"We want to create awareness. We're a small firm, so we want to get people to know that we're here," said Chris Monterroso, an application support employee at Northern Digital. The company manufactures and designs 3D precision sensors and was looking to fill a variety of jobs, but mostly computer programming positions.

Government agencies, such as Revenue Canada, the Public Service Commission and OPP were also seeking new people.

Susanne Barwick, a human resources consultant, said knowledge about the federal public service is limited and she hoped to make the kind of jobs available in her field known to the public.

"The (employees of the) federal public service are aging, as every large corporation is. A lot of us will be leaving in a few years, so we're recruiting new blood," she said.

DSA: Deals with clubs, My Dick, and porn

Compiled by Brad Dugard

The Doon Student Association had a shorter-than-normal meeting on Sept. 28, in order to make time for the Ontario Community College Student Parliamentary Association (OCCSPA) road-show.

The association is the provincial organization that lobbies for, and provides information and services to various campus organizations.

Their road show is an on-campus sales pitch designed to garner support among individual campus organizations.

Currently, the DSA pays approximately \$1 for every student at Conestoga as membership in the association.

This is a point of contention for the DSA as it only represents students at the Doon campus.

Further discussion about on-going membership will continue at the next executive meeting.

Demon worshippers, Liberals and long-haired freaky people, need not apply.

The continuing saga of the DSA's clubs' policy was raised at the executive meeting.

Ramy Micheal, promotion

assistant of clubs and residence, told the executive that a change in the wording of their policy would be necessary to keep cult clubs from receiving funding.

He suggested that the policy read, "Sanctioning will not be provided to any clubs that have a political, racial, religious or cult foundation."

The current policy only says that such clubs will not receive DSA funds, but allows them to use DSA bulletin boards and resources.

The amended policy will be brought to the next board of directors meeting, Oct. 27.

. . . But adrenaline addicts welcome

Three campus clubs received the official okey-dokey from the executive during the meeting. The graphic design club, swing dancing club and adrenaline club are now sanctioned by the DSA.

As a side note, the cost for liability insurance always goes up for the DSA once it approves the adrenaline club, but not when it approves the graphic design club.

More about My Dick

Apparently some people were distracted by people coming and

going to classes during the My Dick comedy show, Sept. 9.

The executive suggested that future shows be scheduled on the half-hour so there is no changing of classes during the show.

Other porn topics

The DSA's office computers have developed a nasty habit.

Apparently, the default browsers on Microsoft Internet Explorer are changing to an Internet celebrity porn site from the standard www.doonsa.ca.

At press time it was still not known what was causing the glitch.

What a BOD

The DSA's board of directors met for the first time this school year.

The board oversees the activities of the executive, but has nothing to do with the day-to-day operation of the association.

Little was accomplished at this first meeting, however, they did elect a chairperson to chair their future meetings.

Jessica Sperling, a second-year business management studies student, was elected to the position. No one ran against her.

For SPORTS coverage see page 15

Applied degrees pursued

College president wants gov't to approve pilot project

By Phil Wright

Conestoga's board of governors and its four new members heard the college president's argument for applied-degree granting powers at its first meeting of the academic year on Sept. 27.

With the provincial election over and the lack of skilled workers becoming more of a concern, now is the time to pursue applied degrees in select vocational programs College President John Tibbits told the board.

In an upcoming meeting with a provincial government official, Tibbits said he would request the government allow Conestoga to offer applied degrees on a pilot project basis.

Tibbits told the board that requesting all colleges have degree-granting powers "would be a travesty."

However, Conestoga has proven its ability to compete with universities as indicated in the college's superior pass rate in last June's registered nursing examination, said Tibbits.

In that test Conestoga's pass rate exceeded the rate for Ontario's university graduates in the very same exam.

If applied degrees were available in nursing, said Tibbits, more theory would be introduced into the curriculum and a fourth year may be needed to accommodate the added material.

Tibbits told the board universities would oppose degree-granting powers for colleges, but he is hopeful some sort of agreement will develop from an upcoming meeting with university presidents.

Although universities may consider colleges offering degrees as a threat, Tibbits told the board the university system is simply not as vocationally oriented as colleges are. Moreover, universities are evaluated differently than community colleges.

"They're assessed on their vol-

umes of books and the number of tenured professors," said Tibbits. "We don't need another university in this community."

Bob Evans, a new board member who represents faculty, told the board there is "overwhelming support" for the college's pursuit

implications of the "double cohort," the unusually high number of students that will graduate from high school in 2003 because of the elimination of Grade 13.

John Sawicki, Conestoga's public affairs manager, told the board that obtaining the power to grant applied degrees before that time would make the college more attractive to these graduates. Universities are also lobbying the government for increased funding to meet the expected demand of the double cohort, he said.

Sawicki also said the college needs to pursue this aggressively, otherwise the universities will be the main beneficiary of this sizable graduating class.

In addition to Evans, the other three new board members include Kristin Murphy, student representative; Jim Crocker, president and

chief executive officer of Virtek Vision International; and Mike Annable, director of human resources, Linamar Corporation.

In other business, board secretary/treasurer Kevin Mullan submitted the college's March 31, 1999 fiscal year-end financial statements.

Mullan reported the college had a better than expected \$321,000 surplus on a \$56-million budget.

Tibbits also updated the board on the status of the Information Technology Centre at the Waterloo campus.

He told the board the campus is expected to be fully operational by January of next year.

Sizable contributors to the centre include Hewlett-Packard, IBM and the provincial government's Access to Opportunities Program, Tibbits told the board.

In addition, Tibbits said that Conestoga's admissions increase over last year was superior to any other college of the same size in Ontario.

The next board of governors meeting is Oct. 25.

Conestoga
College

"We don't need another university in this community."

John Tibbits,
college president

of applied degrees.

Board chairperson Sandra Hanner suggested the board look at the college's programming to determine which programs are appropriate for applied degrees. Afterwards, a marketing strategy would need to be developed to effectively promote those programs.

The board then discussed the

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Carol Gregory - Facilitator.

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Conestoga
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October 11 - October 22, 1999

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Editorial

Water woes hit home

The old adage: water, water, everywhere. Nor any drop to drink, is becoming more and more timely and with chilling accuracy. But few are taking enough notice.

According to the United Nations, 1.2 billion people in 31 countries have no access to safe drinking water and 3.4 million people die every year from lack of water or water-related (contamination/pollution) diseases.

Think about this the next time you forget to turn the water off when you brush your teeth and 10 litres of fresh water is washed down the drain.

Our effort to save the world's fresh water sources is abysmal. And the region of the world where this should be stressed most, the Great Lakes water basin where swimming is frequently dangerous in the summer because of harmful toxins, is becoming more polluted.

Canada has 25 per cent of the world's fresh water and the majority of it, 22,000 trillion litres, is in the Great Lakes. Think about it.

Would you want to swim in Lake Ontario near Hamilton? Far too much of our fresh water has either been polluted or in the case of inland lakes, has dried up.

What people need to realize about water is that there is no more.

The amount of water on the planet has been fixed since it was created about four billion years ago.

The world's population is expected to grow by 2.6 billion by the 2025 and two-thirds will be living in regions with too little or contaminated water.

Third World countries need fresh water as badly, if not more, than developed ones do, because their industries are growing. But given the world's lack of fresh water sources, there simply is not enough to go around.

This pending environmental disaster, like all disasters, has many different factors.

Reasons why small lakes die and larger lakes become polluted can range from to global warming to industrial waste mismanagement.

The extended summers caused by global warming are drying up the world's water sources.

Emissions, both gaseous and liquid, from companies and cars pollute the air creating acid rain that falls to the ground and seeps into the ground water, which accounts for 68.4 per cent of all the fresh water on the planet.

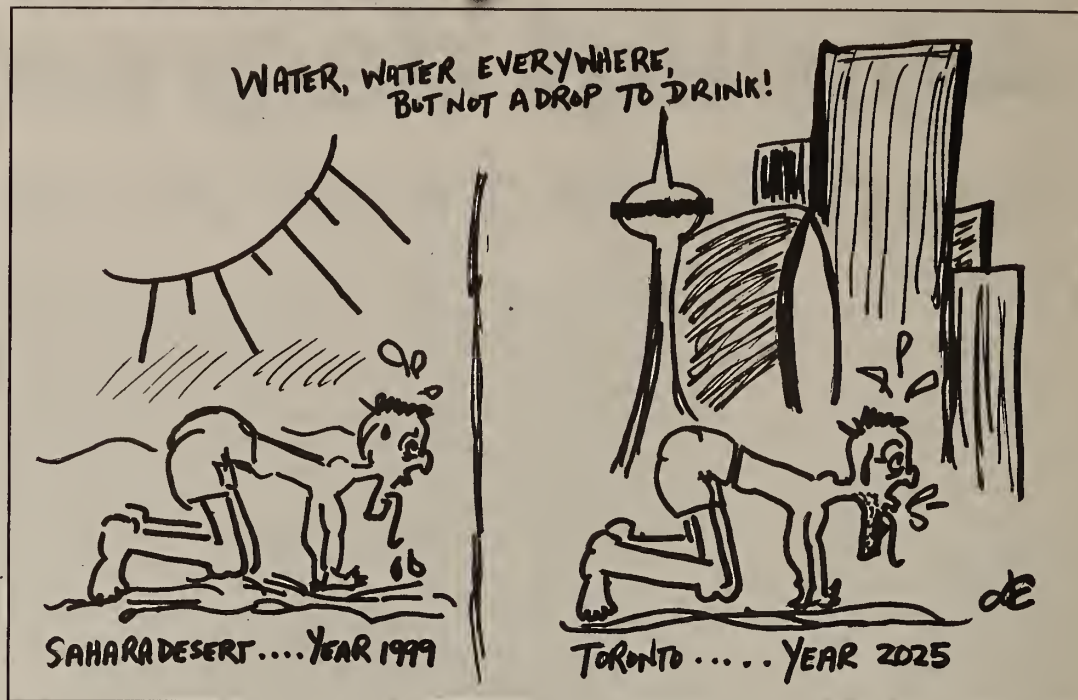
The water is filtered naturally by layers of rock and comes up in springs, ready to drink. Problem solved right? Sure, but we don't have 10,000 years to wait for it.

One of the wettest places in Canada, on average, is Ocean Fall, B.C., with 4386.8 millimetres of rain annually. They'll have enough water 10,000 years from now but others won't if we don't act now.

Global water supplies are abundant, but poorly distributed among and within countries, according to World Resource, a publication of the United Nations environment program.

But a poll for the Torstar Newspaper Group shows that 76 per cent of 403 asked said they would be in favour of laws preventing the exporting of water to other countries. However, if the poor condition of Canada's fresh water continues to deteriorate, specifically in the Great Lakes, you have to wonder why anyone would want it.

According to the United Nations, 1.2 billion people in 31 countries have no access to safe drinking water and 3.4 million people die every year from lack of water or water-related (contamination/pollution) diseases.



Acquaintance rape statistics frightening

Many people are breathing a sigh of relief with the recent arrest of a man suspected of being the Scarborough "bed room rapist."



Tannis Fenton

For weeks a man has been entering women's bedrooms at night and assaulting them even while their partners lay next to them in bed.

The fear of strange men and dark alleys may be slightly lessened, but the real predator may be closer than most people realize.

Unfortunately, women are naturally at a disadvantage because the fact is, men are usually stronger. Caution and fear become deeply engraved in the minds of women.

Highly publicized crimes heighten those fears.

Women do many things to protect themselves from the danger of assault. We don't go out alone at night and we keep our doors and windows locked. Ironically, while we are protecting ourselves so carefully, the danger may be inside those locked doors.

According to Statistics Canada's 1993 national survey, 85 per cent of sexual assault victims were attacked by someone they knew. The survey also indicated women are more likely to be attacked in their own homes than anywhere else.

Being sexually assaulted by

someone you know is called date or acquaintance rape.

Date rape is defined as forced sexual intercourse by someone you have willingly chosen to be with or go out with. Acquaintance rape is forced sexual intercourse by someone you have previously met.

Events similar to the Scarborough incidents have

Women do many things to protect themselves from the danger of assault. . . Ironically, while we are protecting ourselves so carefully, the danger may be inside those locked doors.

occurred in Kitchener-Waterloo when, over the past two summers, women were assaulted in their homes.

In at least two incidents women were assaulted when a man entered their homes through windows or patio doors left open to cool the house in hot weather after their partners had left for work. Those cases have yet to be solved.

Incidents such as these make strangers and the night two of our greatest enemies. Don't get me wrong, women must take precautions around strangers and when

out alone at night.

But being raped by a date or an acquaintance is far more likely to happen than being assaulted by a stranger.

Unfortunately, date and acquaintance rape is something too few women are informed about. Educating women about the prominence of date and acquaintance rape is not emphasized enough in this society.

Many women lack understanding of date rape, said Barb Kraller, a counsellor with student services.

When a woman is assaulted by someone she knows and trusts, she may be unlikely to instinctively know it's wrong as she might if a stranger assaulted her.

There is also a fear of the judicial system, Kraller said. Although "no means no", a victim's actions are often judged in court.

Many rape cases are never reported. Statistics, which are already frighteningly large, may be higher than the numbers show.

Statistics Canada's 1993 survey shows that almost 50 per cent of women have experienced one incident of sexual assault after the age of 16.

About 60 per cent of those women have experienced more than one incident of sexual assault.

Sexual assault is a real problem in Canada. But only half of that problem is being addressed.

Women and men need to be more aware of the realities of date and acquaintance rape because knowledge is power.

SPOKE

Keeping Conestoga College connected

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Knocking on wood, throwing salt over left shoulder

Superstition meaningless?

By Angela Clayfield

So, you burnt your toast and your black cat Puffy walked away from you when you tried to give her a goodbye pat on the head. When you got to school you dropped all your books and realized that you were late for class.



Matt Martindale

Having a bad day? Only if you're superstitious. If this had been your morning, you would have tempted the devil with your charred toast, your cat would have brought you bad luck when she walked away from you and when you dropped your books, it would have meant you would make mistakes in your lessons.



Kitty Bounsanga

However, if you had lifted your feet and crossed your fingers when you went over train tracks

on the way to school, as Matt Martindale, a second-year law and security administration student, does, you could have avoided having a cursed day.

"Honestly I believe it. I know it sounds kind of stupid, but I do."

Kitty Bounsanga, mechanical engineering student

ed having a cursed day.

Debbie Winsor, a first-year LASA student, who was oddly enough born on a Friday the 13th, says she is very superstitious.

"I believe in all that," she says. "I'm probably one of those loony cases."

It may sound kind of silly but five out of 10 students polled at Doon campus said they were superstitious.

Kitty Bounsanga, a third-year mechanical engineering student, did not want to go into the specific details of her superstitions but bases her need to follow them on her dreams.

"Honestly I believe it. I know it sounds kind of stupid, but I do."

The most common superstitions were knocking on wood three times and throwing salt over the left shoulder.

Tom Gawel, a second-year automated programming mechanical engineering student, said he has thrown salt over his shoulder for fun.



Tom Gawel

"My dad throws the whole salt shaker over his shoulder," he said.

"The worst one I do is probably the salt-

over-the-shoulder thing," said Mariel Oliver, first-year marketing. "My boyfriend thinks I'm crazy."

"I don't believe in luck. You make your own."

Darren O'Connor, police foundations/LASA student

Oliver said she isn't paranoid about superstitions and it depends on how much you believe in it and your outlook on life. For example, if you focus only on the negative things that happen to you, a few students said, you will create your own luck, good and bad.

"I don't believe in luck. You make your own," said Darren O'Connor, a first-year police foundations/LASA student. He

added that he has never knocked on wood and had never needed to.

"Knocking on wood doesn't really change anything," said Laura Fife, a first-year computer programmer/analyst student. "It's just wood."

However, Oliver said, "You don't know whether or not it really is true. If it turned out to be true and you'd be like 'Oh my God! All these years, I'm in for it!'"



Mariel Oliver

"I do it (knocking on wood) because I was told it's one of those things you do," said Marie Lewis, a first-year broadcasting radio and television student. She joked about knocking on wood during her interview to get into the broadcasting program, she said, so it must work.



Darren O'Connor

West Nile fever has flu-like symptoms

Toronto man dies after visiting New York

By Adam Wilson

On Sept. 25, a 75-year-old Toronto man died from a rare, mosquito-borne, encephalitic virus. Normally, this wouldn't sound too out of the ordinary, except that the virus normally occurs only in birds.

Encephalitis is a very dangerous disease for many reasons.

Most people who have the disease never show any outward symptoms, but they face a serious threat to their life.

The disease was originally thought to be SLE, St. Louis encephalitis, named after the city where it was first recognized in 1933, but after some tests, scientists now believe that it is West Nile fever. This new fever has never been previously diagnosed in the Western hemisphere.

A Reuters New York article said that the West Nile virus has been attributed to five deaths in New York including the Toronto man who had made

a short visit to New York in September.

The outbreak in New York was first brought to city officials' attention in August and authorities sprayed the entire city with insecticide in early September.

A disease like this is not only

There is no cure for encephalitis or the West Nile virus.

deadly, but also scary.

The symptoms are much like the flu. Headaches and slight fever are normal, but severe infections act quickly. Symptoms include headaches, high fevers, disorientation, comas, tremors, convulsions, paralysis or death.

This disease was first brought to many people's attention by the movie Awakenings. The 1990 film was the true story of a doctor who treated victims of

encephalitis with a radical new drug and briefly awoke them from their comas.

An educational health Web site warns that the best protection from the disease is to stay away from areas where there is a high risk of mosquito bites.

The disease seems to be spreading throughout New York State. As of Sept. 31, 31 cases of the disease had been confirmed. Six of those cases have been hospitalized and the Centre for Disease Control in Atlanta is testing blood samples for any antibodies to the virus. There is no cure for encephalitis or the West Nile virus.

There is nothing that can stop this disease as of yet. Scientists and doctors are working on a cure. With flu season approaching, and one Canadian already dead from the disease, the most disconcerting fact is that one doesn't know if one has it until it's too late.

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URGENT NOTICE

To All Students Planning to Travel During Christmas



Owing to the Millennium New Year, reservations for air travel are heavier than normal. All students are therefore urged to book their Student Class™ airfares now to avoid disappointment later. Student Class™ airfares, between Canadian cities, are available exclusively from Travel CUTS, Canada's national student travel bureau.

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THE FOLLOWING WORKSHOPS DO NOT REQUIRE ANY SIGN UP.

TOPIC	DATE	TIME	ROOM
TIME MANAGEMENT	MON. OCT. 4	11:30 – 12:30	3A505
	THURS. OCT. 7	12:30 – 1:30	3B14
MULTIPLE CHOICE TEST TAKING	MON. OCT. 18	12:30 – 1:30	2A411
	THURS. OCT 21	12:30 – 1:30	3B14
SUICIDE PREVENTION	WED. OCT. 20	1:30 – 2:30	1C15

THE FOLLOWING WILL BE CONDUCTED IN A DISCUSSION AND NETWORKING FORMAT. IF YOU HAVE ANY QUESTIONS, COME INTO STUDENT SERVICES OR JUST DROP BY.


GAY, LESBIAN AND BISEXUAL DISCUSSION AND NETWORKING
-monthly meetings commence September 29, 1999 @ 4:00 – 5:00 P.M. in Student Services. If missed, please see Barb Kralcr in Student Services

INTERNATIONAL STUDENTS NETWORK
-to be announced for mid-November

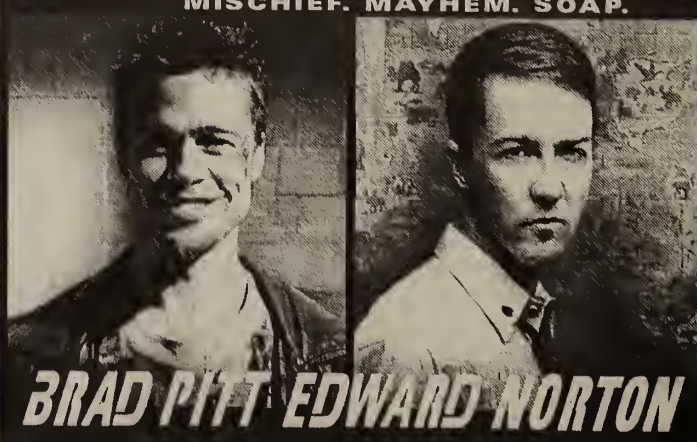
MATURE STUDENTS DROP IN
-Thursday, October 7, 1999 @11:30 – 1:30 P.M. in the Blue Room (Cafeteria)

FOR THE FOLLOWING GROUPS YOU WILL NEED TO SIGN UP AT STUDENT SERVICES BEFORE THE BELOW DATES IN ROOM 2B02. PLEASE BRING A COPY OF YOUR TIMETABLE. YOU WILL BE NOTIFIED OF THE TIME AND DATE.

TEST ANXIETY GROUP	Four weeks in length Commencing week of Oct. 11 One hour per week Timetables due Oct.5	FACILITATOR: Joan Magazine
RELAXATION GROUP	Three weeks in length Commencing week of Oct. 18 One hour per week Timetables due Oct. 12	FACILITATOR: Karen Rittinger & Allen Ledyit
PUBLIC SPEAKING ANXIETY GROUP	Five weeks in length Commencing week of Oct. 18 1.5 hours per week Timetables due Oct. 12	FACILITATOR: Carol Gregory



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OPENS IN THEATRES EVERYWHERE FRIDAY, OCTOBER 15TH!

Is MP3 the CD's Death Star?

By Anna Sajfert

Can there be anything more interesting to Web users than cybersex? Try MP3.

It is an audio compression format called MPEG-1 layer3, or MP3. Songs recorded on MP3s sound as good as songs in CD format and use less than 1/10 of the space.

Over the past months, artists such as Alanis Morissette and David Bowie have released albums available only as MP3 files.

To get a taste of these MP3s you will need a computer, a modem

and a Web browser, but not necessarily a credit card.

MP3s have become the hottest trading product among diehard Web heads.

However, the record companies are worried the new service could have nightmarish repercussions.

"It has become associated with piracy because Web users can download it for free. It's a threat to the industry," said Bill Banham, vice-president and general manager of Virgin Music Canada.

He said the government should implement regulations, which will help to shut down Web users

who distribute free MP3s.

"These people devalue the music industry, as well as the artists because they refuse to pay for the product," Banham said. "It already looks bad and it can only get worse, unless regulations are implemented."

He added the problem with regulating the Internet is that it has no jurisdiction or geography.

On the other hand, Pete Watson, Internet manager at Universal Music Group Canada, said he believes the government should not impose regulations on the use of the Internet because Web users

are "moral" enough to know that

downloaded music should be paid for.

"The government has already decided to keep its hands off the Internet. MP3s are a moral rather than legal issue," Watson said.

Although there are well over a million Web users who don't realize the nature of the issue, there are just as many that are in sync with record companies and artists, ensuring their intellectual property is maintained, Watson said.

Virgin and Universal have implemented security measures, which have proved helpful.

For the release of David

Bowie's album Hours..., Virgin implemented encrypted coding through Liquid Audio and Microsoft Audio to foil pirates who copy songs and distribute them widely over the Internet, Banham said.

"Anyone accessing our site will be immediately linked to Liquid and Microsoft for screening," he said.

He added that the Bowie project has not yet experienced any glitches except for the fact it takes over 11/2 hours to download with a 56K modem and between three and four hours with a 28K modem, Watson said.

Employment for Metis youths

By Talisha Matheson

The Metis Nation of Ontario Training Initiative is encountering problems in identifying Metis students and letting them know that their organization exists.

Jen St. Germaine, community development officer for the training initiative, said they are finding difficulties in identifying who and where Metis students are and letting them know that the organization is available for assistance.

"There is no way for us to track them down throughout the different institutions," St. Germaine said. "In order to serve Metis youth, we need to identify them."

She said if they know where the Metis students are, it allows them to inform students of the various initiatives that come to their organization's attention throughout the year.

The Hamilton-based training initiative aims to help Metis youth find employment. It is an employment and training arm of the Metis Nation of Ontario, which has been working for Metis rights since 1994. The initiative has been operating since 1997.

According to St. Germaine, their goal is to assist Metis people of all ages in acquiring employable skills and finding quality employment.

St. Germaine said she wants Metis students to know there are internship opportunities available all year round.

"We encourage any student that thinks they may have aboriginal ancestry to contact our office," she said.

She said she encourages all Metis youth to contact the initiative at their toll free number (1-888-546-3847) for more information.

Diploma and degree are more marketable

By Talisha Matheson

Many university graduates earn their degrees, and then find themselves in the hallways of community colleges.

According to 1998 continuing education statistics, 27 per cent of those enrolled in continuing edu-

"It's a good combination, and a college student wanting a university degree is in the same boat."

David Stewart,
director of continuing education

cation and part-time courses in Ontario have university degrees.

Conestoga ranks below the provincial statistics with 24 per cent of its continuing education

and part-time students holding university degrees.

The college does not keep statistics for university graduates who apply for full-time courses.

David Stewart, director of continuing education, said he thinks university graduates come to college for specific training for specific jobs.

Students who have both a university degree and a college diploma are more marketable.

"It's a good combination," he said, "and a college student wanting a university degree is in the same boat."

Stewart said many employers look for the combination of degrees and diplomas. He said employers want a person who has the theoretical thinking from university and practical thinking from college.

"They come so they can get a job," he said.

Workshop promotes children's safety

By Linda Wright

An organization called the 4Cs, Citizens Concerned with Crimes against Children, in co-ordination with Joyce Chapman, early childhood educator at the Silverheights Child Care Centre, will be holding a workshop at Conestoga College.

The workshop, called the children's personal safety program, will take place on Oct. 14 from 7:30 p.m. until 9 p.m. in Room 2A301 at the college.

The program is designed to provide prevention strategies for par-

ents of pre-school age children and to provide education and support to early childhood educators.

The workshop will be available, free of charge, to all day care centres, pre-schools and nursery schools in the Waterloo region.

Chapman said that they are advertising the workshop in all child care centres. The workshop is open to all the students and parents at the college.

The 4Cs helps children aged 18 and under in Waterloo Region and offers initiatives including a child witness program, an interview room, a court waiting room, pub-

lic education, a resource library and a counselling assistance program.

According to 4Cs literature, 80 to 85 per cent of offenders are known to the child. Approximately one in four boys and one in three girls will be sexually assaulted before the age of 18. Children are vulnerable and are targeted by abusers. Teaching children to say "No" is not enough.

Citizens Concerned with Crime against Children has been instrumental in advocating on behalf of children since 1981.

Pre-Oktoberfest Party
In the Sanctuary

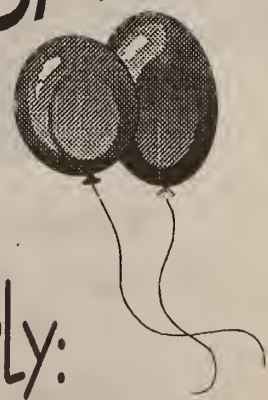
1:30am to 1:30pm Oct. 13, 1999

IST WUNDERBAR!

Start Celebrating Early:



Great Prizes
Oktoberfest Sausage
Rootbeer Chugging Contest



A glimpse into the future

Psychic predicts love and happiness for college students

By Linda Wright

From reading palms, looking into crystal balls to interpreting tarot cards, it seems everyone wants to travel into the future.

Some Conestoga College students took the trip Sept. 28, in the Sanctuary when psychic reader Dan Valkos gave the students a glimpse into the unknown. Valkos invited the students to come to the stage and ask three questions.

Most of the questions on the students' minds were about love, money and happiness.

Nik Rac, a second-year computer programmer analyst student, said he was going to ask about love.

"I am going to ask, what's going to happen in my love life," he said.

Jacque Curry, a first-year general business student, wanted to know how her future was going to turn out.

"Will I be stuck in Loblaws?" she said

"Will I be stuck in Loblaws?"

Jacque Curry,
general business student

with a laugh.

Curry also wondered how the world will look for her children and would it be as messed up as it is now and whether her boyfriend is the one for her?

As she left Valkos, Curry said she was happy with the answers to her questions. To the first question Valkos' joked, "Thanks honey that's a nice offer, but I've been fixed."

Valkos told her she was going to reach her goals and have happiness and money. He said the world would be a great place for her children. The answer to her third question was that her boyfriend wouldn't hurt her.

Julie Valletta, a first-year general business student, asked what her future looked like regarding her career. She also asked whether she would find a soulmate and whether she would ever get married?

Valkos said Valletta will be extremely successful and will get married but not for a long time. Valkos said



Jacque Curry, a first-year general business student, waits for Dan Valkos to predict her future in the Sanctuary on Sept. 28.
(Photo by Linda Wright)

Valletta was bored with her relationship, but there was ample opportunity for growth and she should just take one day at a time.

The students had similar questions and said they were happy with what their futures had in store for them.

Psychic claims it's not a hustle

By Lesley Turnbull

Look into his eyes and he will tell you your future. Will you fall in love? Will you be wealthy? How happy will you be? He will answer all of these questions and more.

Psychic Dan Valkos has been telling people their future for 30 years.

"I'm a controlled, precognitive clairvoyant," he said. "Basically, what I do is pick up on the impressions of individuals. I can do this by simply looking at them."

Valkos said he can read some people better than others because some people are more open than others.

Some people are hard to read because they can put up their own

walls, barriers and shades, he said.

Some people get emotional when he does private readings.

"When I'm doing private readings, we can get into a lot of personal, deep stuff."

Valkos was skeptical when he first learned about the psychic phenomenon in 1969.

"I thought everything was a bunch of garbage and everybody

was running a hustle."

He met some people who proved him wrong by explaining their psychic abilities to him and he began to develop his own psychic abilities.

"I went (through) the evolutionary process of (believing) absolutely nothing in the psychic world could exist, to some people are psychic, to most people are psychic."

Valkos has worked with different psychic organizations, primarily as an investigator. He was the chief investigator for the Association of Psychic Investigative Researchers where he investigated haunted houses and helped people develop their psychic ability.

For seven years, he was the director of the Paranormal Enlightenment Centre where he conducted a psychic research group.

Valkos has also been involved with the Canadian Organization of Campus Activities for 10 years, giving psychic readings to students at colleges and teaching classes on psychic development and reincarnation.

He teaches psychic development workshops at 22 colleges and lectures at about 50 others. He's a guest speaker at about 115 radio stations and has published a couple of books and a line of self-help tapes.

His most recent book is called *The Psychic World of Your Dreams*.

Last year Valkos was nominated variety entertainer of the year and two years ago he was nominated speaker of the year.

"Sue Johanson took it (speaker

of the year award) but I'm not bitter," he said. "Sue's a sweetheart. I told her, 'You old biddy, you keep taking my awards.'"

Valkos has helped people find missing friends or relatives but doesn't like doing it.

"I'll do everything I can to get out of doing something like that, but I have done it before."

Valkos said he listens to his instincts to find a missing person.

He said if someone came to him and asked him to find a friend that had been murdered, his primary focus would be on the last few moments of that person's life so he experiences how the person died, maybe not the actual pain but the emotional trauma.

"Shit like that's not fun," he said.

Valkos said a lot of missing people don't want to be found, which makes it impossible for him to find them.

"You decide your life sucks and you might just take off out west and start a new life," he said. "You put up your own shields and your defensive parameters to where no one will come around you."

Valkos teaches a one-day workshop on psychic development and a one-day workshop on reincarnation and past lives at Conestoga through the continuing education program.

"Everybody is born with it (psychic abilities). We just have to learn to trust and listen and develop our abilities further."

He said people don't have to believe that they have had a past life to take the reincarnation workshop.

"It doesn't matter. I present things in such a way to where it is in the realm of possibilities."

Doon Student Association presents.....

Conestoga Oktoberfest Night

**Featuring Walter Ostenak
and the Walter Ostenak Band**



**1st 500 students to
purchase tickets
will receive a
free Oktoberfest Mug**

**Thurs. October 14
7:00 p.m. - 1:00 a.m.
Queensmount Arena**

**Ticket \$10
On sale at
the DSA Office
Age of majority Required**

Free Bus from REZ



American Beauty: a redemption tale

By Brad Dugard

If suffering were an art form, Lester Burnham would be Michelangelo.

Burnham, played by the outstanding Kevin Spacey in the film American Beauty, is a man tortured by a marriage that is without love.

His wife, Carolyn (Annette Bening) makes up for the lack of a home life by pursuing a professional career as a real estate agent.

Combining these two seasoned actors on the same screen is sheer genius by director Sam Mendes.

The tale of a loveless marriage is nothing new to most movie-goers. And when added to the mix of Spacey and Bening interacting in a tale that could be told about any number of homes, you have a serious Oscar contender.

But, American Beauty is more than just a story about a loveless



Lester Burnham (Kevin Spacey) frustrates wife Carolyn (Annette Bening) with changes he's made in his life in American Beauty.

(Photo submitted)

home. It is about the beauty that exists all around us. It is also the classic story of redemption.

Life couldn't get much worse for the Burnham family. Affairs, homosexuality, poor musical taste and even child abuse are dealt with in this film. And somehow, Mendes inspires the cast to keep the movie from becoming too serious.

It is refreshing to go to a movie and laugh at jokes written for an adult, not some pre-pubescent, bodily-function type of humour.

Mendes has also shown a masterful eye for colour in this film, using vivid reds and blues in limited scenes, and a drab grey, similar to the colour used in Payback, starring Mel Gibson.

This purposeful use of colour draws the viewer through the story in a seamless fashion, bridging the various characters together.

It is a movie about different lives

American Beauty is more than just a story about a loveless home.

going in different directions.

If planning to attend this movie, be warned this movie was originally shot for the film festival circuit, not as a typical Hollywood release. It is therefore more mature than much of what comes out of the silver city, but the extra thought this film requires is well worth the energy, and the eight bucks admittance.



Mogwai blends many musical styles

Scottish band set to invade North America

By Ray Bowe

Loch Ness is not the only place in Scotland to lay claim to a strange and unusual monster. Glasgow is the home of the monstrous instrumental quintet Mogwai.

Mogwai, a Chinese word for



Strong cover photos have been a constant in Mogwai's short career. Above, bassist Demonic is featured on the Come On Die Young CD cover.

monster, recently finished their fourth tour on North American soil and their first on the West Coast.

They played two sold-out nights at the Horseshoe Tavern in Toronto before hopping on the bus to Vancouver and down the coast.

Mogwai was on tour with Scottish comrades Ganger, another instrumental outfit.

Mogwai consists of Stuart Braithwaite (pLasmatroN) on guitar, Dominic Aitchison (Demonic Christ) on bass guitar, John Cummings (Cpt. Meat) on guitar, Martin Bulloch (Bionic) on drum kit and Barry Burns (Diesel) on flute and piano.

The band also included The Retic, but pLasmatroN admits "he got sacked." The terms of his departure were not discussed.

Earlier this year, Mogwai

released Come On Die Young on New York's Matador Records. The band applied a new approach by recording in Cassadaga in upstate New York.

"It was in the middle of nowhere so we had a little more isolation," said pLasmatroN.

"But mics are mics," he joked.

The term "punk" has been applied to Mogwai, and the opening sound bite on Come On Die Young is a spoken word clip of Iggy Pop from the '70s on how rotten rock music is and his interpretation of punk.

"I can think of worse terms, but certainly I don't think we fit the obvious criteria," added pLasmatroN.

He prefers the term New Wave. Mogwai, based largely on the traditional rock instruments of bass, guitar, and drums, seamlessly inject piano, flute and a myriad of samples and electronics.

Mogwai will be plugging along on a minimalist bass line before breaking out into a maze of cacophonous white noise and distortion.

At an instant, they retreat into the soothing bass line with the greatest of ease.

It doesn't even seem peculiar or out of place. That's the beauty of it all.

Mogwai blends many of the styles they were influenced by earlier in life, in one form or another. pLasmatroN lists his favourites as The Cure, The Jesus & Mary Chain, David Bowie, My Bloody Valentine and Dinosaur Jr. But, he added, Bob Dylan can take the edge off any situation.

A strange project was recently undertaken and released on JetSet Records, Mogwai's European label.

The project, Kicking a Dead Pig, was a double-album that featured the likes of Alec Empire, Hood, Third Eye Foundation and Eye Q remixing songs from Mogwai's first two albums, Ten Rapid and Mogwai Young Team, both released in 1997.

pLasmatroN said he thought the project was well done. "Our label

(JetSet) asked us if they could do it and we said 'Yeah!' They suggested some names.

"We suggested some names and talked it out. We had very little to do with it," he said.

"It was a strange thing. It's not something we would've decided to do if someone else hadn't suggested it."

When asked if they were all friends on the project, pLasmatroN was quick to point out that the only people they knew was a group called Arab Strap.

Aidan Moffat, of Arab Strap, sings Cody on Come On Die Young and there is also a song titled Waltz for Aidan.

But pLasmatroN took pride in the fact that Mogwai is not very imaginative when it comes to song titles.

The project was a variety of Mogwai songs remixed by the various artists on the project.

It almost seems like a tribute, but Mogwai is still around.

Mogwai is planning to release an EP on Matador this October.

The EP should feature six songs: four new ones, and two from the No Education EP, which is not available in North America.

One of the constants over Mogwai's short career has been their inclusion of strong photos in the album sleeve.

The cover photo for Come On

Die Young is a macabre picture of bassist Demonic with bright red lipstick, his eyes shaded red and his pale white face adorning a jet-black background.

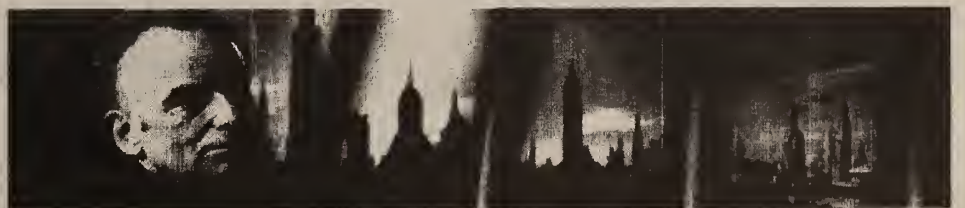
Inside are some pictures that also catch the eye quickly. Water pounds up against the pillar of an oil rig.

"We didn't really have any idea what we wanted the sleeve to look like.

We just had all these ideas. I don't like being rushed and I felt kind of rushed," noted pLasmatroN.

Mogwai is sure to become a far more recognizable Scottish name than the Loch Ness Monster ever was or will be.

EPISODE I THE PHANTOM MENACE



Tuesday, October 19

8:00 pm, The Sanctuary

Licensed event

Admission

Free for Doon Campus students

\$3 for guests

purchase tickets at the door



Free Popcorn



Speed skating oval will be closed

By Anna Sajfert

The speed-skating rink will be closed for the third consecutive season.

The oval, which is located behind the Kenneth E. Hunter recreation centre at Doon campus, is being used as an additional 50- to 100-car parking lot.

"Due to parking shortages at the Doon campus and the overflow on Parking Lot 12, the college has decided to keep the oval closed," said Al Hunter, security supervisor.

Ian James, director of athletic and recreation services, said college officials have no concerns about students parking on the 400-metre track.

"It's a hard, packed surface," he said, "however, it will have to be resurfaced."

"The track, itself, will not be damaged," Hunter said. "But it definitely won't be as smooth."

He added that the oval, which is a partnership among the Conestoga College, Sirtoma Speed Skating Club and the City of Kitchener, has not been developed or maintained in the last two winters due to bad weather conditions.

James said the college plans to continue using the oval for student and staff parking purposes until new official parking lots are built at Doon campus.

Giving a little heart



Mariel Oliver, a first-year marketing student, says donating blood makes her feel good about herself. Although "woozy" after giving the gift of life, Oliver says she will do it again.

(Photo by Anna Sajfert)

Proper identification needed for books

By Linda Wright

Students looking to loan material from the Pioneer Park community library need proper identification or they will not be allowed to take out books.

Some Conestoga College students don't know what identification is needed to get a library card, and this has resulted in frustration for the students and the librarians, according to Maureen Plomske, manager at the Pioneer

public library, which is a branch of the Kitchener public library. The frustration between the students and the library occurs when the student has no identification showing a current local address.

Without the identification, students will be refused a card.

Two pieces of identification are needed to obtain a card, one with a current local address and the other with

the student's name. A piece of mail that has been postmarked within the last two weeks or a

library, but doesn't go into detail about what identification is required.

"Some Conestoga College students don't know what identification is needed to get a library card, and this has resulted in frustration for the students and the librarians."

Maureen Plomske,
Pioneer Park library manager

Librarians search the Internet and select information that may be valuable to students and the general public. They also do a critical analysis of material, said Plomske.

The library has the Canadian Periodical Quick Reference Guide

and Careers on CD ROM. Careers examines opinions of people who are currently working in a field and what the salaries are.

Plomske said the librarians see a lot of early childhood education students who are developing a program with the day-care children and need material.

LASA students and students taking technical courses also come in to use the library's services.

Plomske suggests the main branch of the library would be a better choice if a student is doing complex research.

The library can courier material from another library branch usually within the same day. Students can also renew or reserve material online.

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Wednesday, October 13, 1999
In Room 2A301**

From 3:30 pm – 5:30 pm

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In the Sanctuary

Wed. Oct. 27, 1999

9:00am to 4:30pm

Classified

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5 day/40 hr (Oct. 20 - 24)
TESOL teacher certification
course (or by correspondence). 1,000's of jobs available NOW. FREE information package, toll free 1-888-270-2941

GLOW celebrates Coming Out Week

By Jeanette Everall

"Straight, but not narrow" is one of the ideologies being presented by Gays and Lesbians of Waterloo (GLOW) as they kick off Coming Out Week.

The phrase will be featured on buttons GLOW will be distributing from their information booth in the student life centre at the University of Waterloo during the week of Oct. 11. The group's

co-ordinator, Steve Singer, hopes people will wear the buttons in support of their campaign to bring awareness about homosexuality to the public.

"People should come out when they are ready to

come out," says Singer, who has been a member of the group for the past two years. "I think you have to feel comfortable with yourself and it depends a lot on the person's circumstances."

As for coming out in Waterloo Region, Singer said this area is traditionally conservative which makes coming out difficult and increases the need for groups like GLOW.

"Our goal is to make people feel more comfortable with their sexuality," said Singer. "We don't encourage people to come out

when they are not ready."

GLOW, run by the University of Waterloo's Federation of Students for the past 28 years, is the longest continuously operating gay group in Canada. The University of Guelph's community organization, Guelph Queer Equality, is a close second with 26 years.

Both groups have a support and resource phone line for anyone dealing with gay, lesbian, bisexual and transgender issues.

They hold weekly discussion meetings open to students and the community at large at the universities.

Singer said GLOW draws between 30 and 40 people to their Wednesday

meetings, which delve into pre-set topics like coming out, relationships and sexual exploration.

As a peer support group, GLOW provides a non-threatening opportunity for gay, lesbian, bisexual and transgender individuals to become more comfortable with their sexuality.

GLOW also organizes movie nights, dances, bus trips and other special events. Information about GLOW can be found on their Web site at www.csclub.uwaterloo.ca/clubs/glow or by phoning 884-GLOW.

"People should come out when they are ready to come out."

Steve Singer,
GLOW co-ordinator

One student shows up to discussion

By Jeanette Everall

The bait was cast, but there wasn't any bite.

That's the way it looks for Conestoga's gay and lesbian discussion group after only one student showed up at the initial Sept. 29 meeting.

The idea for a gay, lesbian and

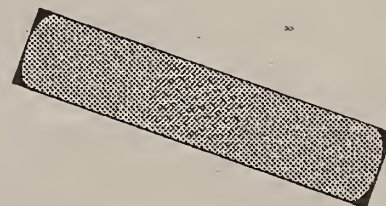
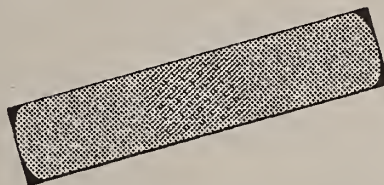
bisexual support group was initiated after a few students inquired about any existing organizations at Conestoga. Following the inquiry, student services facilitated a meeting for any students who were interested in forming a support group.

"What I'm hoping to do is just facilitate the group by putting up

the brochures," said Barb Kraler, a counsellor with student services.

She said the discussion group is a chance for gay, lesbian and bisexual students to network and meet other homosexual students on campus.

Any students still interested, should contact Kraler in student services.



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- ♦ health resources and information
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- ♦ blood pressure monitoring
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- ♦ birth control counselling
- ♦ pregnancy testing
- ♦ a place to rest when you are ill

SIGN UP FOR INTRAMURALS . . .

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- Co-ed Basketball
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DSA OFFICE OR OFF
ANY ATHLETICS BULLETIN
BOARD!



Captains meeting:
Wed., Oct. 20
4:30 PM
At the Roost



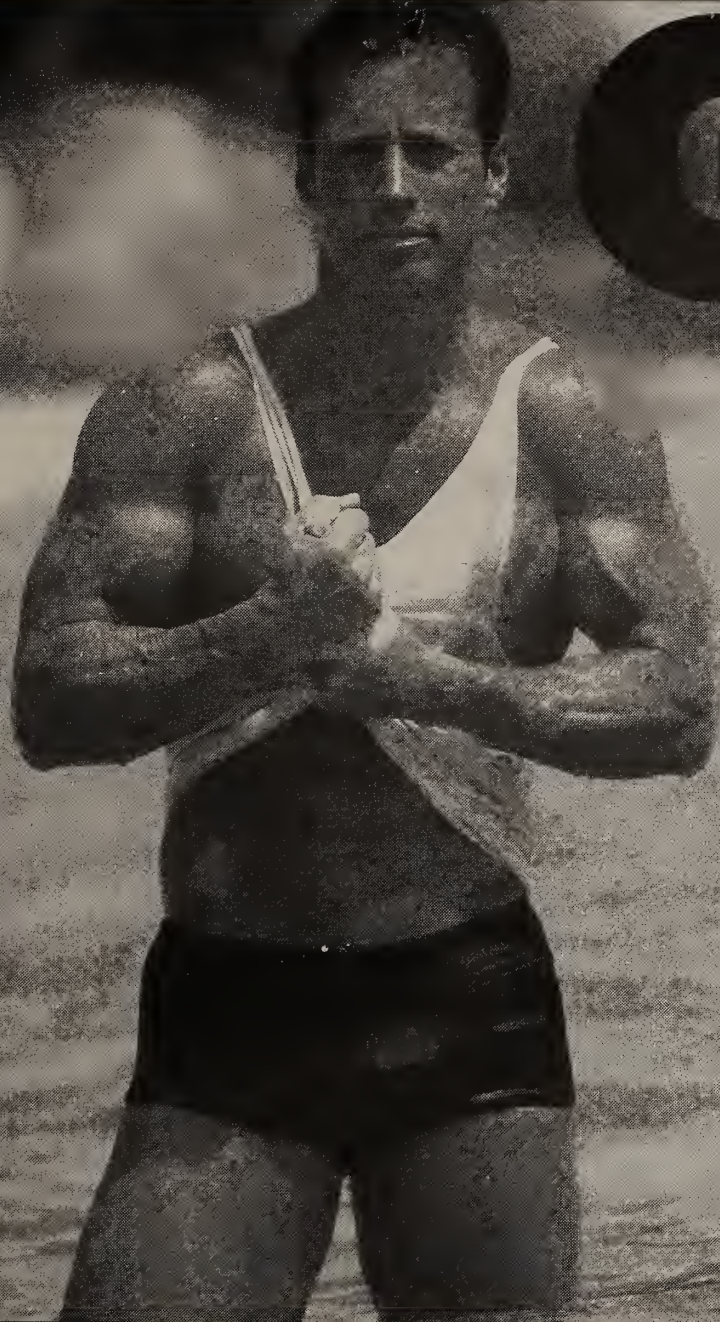
This student is trying to win a car.

And if he doesn't win, at least he's just earned \$1,000 to help him pay for one. Not every decision will be as easy to make as getting The GM Card[®]. Especially when you can apply from your dorm. Upon approval, you'll get a free Frosh Two CD^{**} and receive a \$1,000 bonus in GM Card Earnings[†] towards the purchase or lease of a new GM vehicle. There's also no annual fee. Then anytime you swipe your card, like to buy stereo equipment for instance, you'll have a chance to win^{***} a Chevy Tracker, Pontiac Sunfire Coupe, Chevrolet Cavalier Coupe or 1 of 300 CD libraries as well as getting 5% in GM Card Earnings^{††}. Visit us at www.nobrainier.gmcanada.com for more information or to apply on-line.



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Off Campus

Year 2000 to begin with a bang

By Beverley Grondin

(This is the final instalment of a two-part series on millennium celebrations.)

New Year's Eve is a night of celebration, and it seems that this year many places are planning on ringing in the year 2000 with a little more pizzazz than in previous years.

According to information provided by Heather Kaufman, the marketing co-ordinator of special events for Toronto city hall,

partiers gathered on the waterfront in downtown Toronto on New Year's Eve will be part of a festival with its theme around light.

Light has great significance around the world, representing beauty and spirituality, truth and hope.

A pyrotechnic countdown to midnight will begin from the CN Tower, with blasts of light and colour ascending the sides of the tower, counting down from 10 to one. The final blast from the top of the tower will light up the sky

around the region.

Fireworks will begin at 12:01 a.m., 600 metres (2,000 feet) over Lake Ontario. The spectacle will last 17 minutes and will feature the newest laser, light and fireworks technology choreographed to music.

Kaufman encourages anyone seeking more information on the evening to check out the city's Web site www.torontomillennium.com.

Laurie Peters, in media relations with the National Capital

Commission, said the New Year's Eve celebration at Ottawa's Parliament Hill will be unique.

The theme will be In Motion: A Story of Time, and Peters anticipates over 30,000 people will attend.

"It's not just a party," said Peters. "It's a family gathering at the foot of our country's capital, at the foot of the Peace Tower."

She said that a giant clock will be set up on the surface of the Hill and it will start ticking an hour before midnight.

That is when the formal festivities will begin, according to Peters.

The clock will be the staging area for entertainment, including parades, which will be free of charge.

And at midnight there will be spectacular fireworks.

"This is the one night to let your kids stay up later," said Peters.

Anyone interested in more details about the evening or any other millennium activities can visit their Web site at www.capcan.ca.

Big party in Big Apple

By Beverley Grondin

A new giant ball will descend upon New York's Times Square to bring in the year 2000.

According to Dennis Crowley of the Times Square Business Improvement District, the ball is covered with 504 Waterford Crystal triangles in a Star of Hope design.

It will be illuminated from the beginning of the celebrations, which will be longer and more involved than any previous New Year's Eve parties.

This year, Times Square, the usual location of Dick Clark's New Year's Rockin' Eve, will celebrate midnight in each time zone. It will begin at 6:30 a.m. on Dec. 31 and will last until 7:30 a.m. Jan. 1, 2000.

"We know it will be terrific," said Crowley.

About 1.5 million people are expected to show up to celebrate in the streets around Times Square.

This year Times Square will celebrate midnight in each time zone.

Dennis Crowley,
Times Square Business
Improvement District

it difficult for theatre-goers and have urged them not to hold performances that night, said Crowley.

"Most producers have voluntarily agreed not to perform that night, but some still will," he said.

Crowley said the momentous event will include 160 oversized puppets floating around the square, bands and live musicians.

Five giant screens will broadcast live from New Year's Eve celebrations in cities all over the world.

And of course, at midnight, eastern standard time, the glowing ball will drop, bringing in the new year in this time zone.

Crowley recommended anyone interested in more details to check out their Web site at www.timessquarebid.com.

Work it, baby!



Clair technical consultant, Antoinette Julien, demonstrates the new Marcelle curling iron on Trudy Roberts at the Oktoberfest hair show at Bingeman Park Oct. 3.

(Photo by Linda Wright)

CASINO MACARA
Thursday, October 21
3:30 p.m. Departure
tickets \$10, includes coachline transportation
must be 19 years of age
Doon Campus students permitted 1 guest
Tickets on Sale at the DSA Office

New Year's Eve:

Taxi companies are getting ready for a busy night as the tri-cities celebrate

By Beverley Grondin

It looks like it will be business as usual for taxi companies in Kitchener-Waterloo on New Year's Eve this year.

Although it may be the biggest night of the century to date, Tony Rodrigues, assistant manager of Waterloo Taxi, said that he doesn't think this year will bring the taxi company any surprises.

"It can't be any busier than other years," he said.

The best they can do is have all of the cars out at once and hope for the best, said Rodrigues.

Dressing up

Although the night of all nights, New Year's Eve, is fast approaching, most party-goers have yet to rent their tuxedos.

According to Brenda Ribeiro, manager of Freeman's Formal Wear in Kitchener, some people have already booked tuxedos, but the number of rentals has been nothing out of the ordinary.

She said she is expecting most of her customers to wait until December to start booking.

"New Year's Eve is more spontaneous," she said.

Jacqueline King, the assistant manager of Tuxedo Royal in Kitchener, said her store doesn't have an outstanding number of bookings yet either.

"We are expecting a large amount, though," she said.

DSA party in 2000

Students hoping to ring in the new year with the DSA, may be disappointed that the Doon Student Association has no plans for a party before students come back from the holidays.

Jenn Hussey, DSA vice-president of operations, said she doesn't think there would be a lot of interest in a New Year's Eve celebration held in the Sanctuary.

However, she said the DSA is planning a party for the first or second week after the Christmas vacation.

The theme will be something like "We survived the Y2K, and will be part of an awareness week asking people to keep safe in case of emergency," said Hussey.

DSA Presents.....

"Canada's Premier Billiard Entertainer"

Gerry Watson

POOL Show

Tuesday, October 12

11:30 am

The Sanctuary



K-W offers many fitness clubs

By Tannis Fenton

Students wanting to get in shape need to look no further than Conestoga College.

For those seeking exercise, the recreation centre has a weight room, ice rink and squash and basketball courts.

Starting Oct. 3, step classes will be held every Monday and Wednesday at 3 p.m.

The recreation centre fee is included with tuition.

But for those who want to work-out off campus, Kitchener has several fitness clubs.

Good Life Fitness Club, located at 25 Frederick St., has a variety of membership plans designed to suit individual needs.

Samantha Campbell, a Good Life customer-service representative, said customers choose a plan depending on their fitness goals.

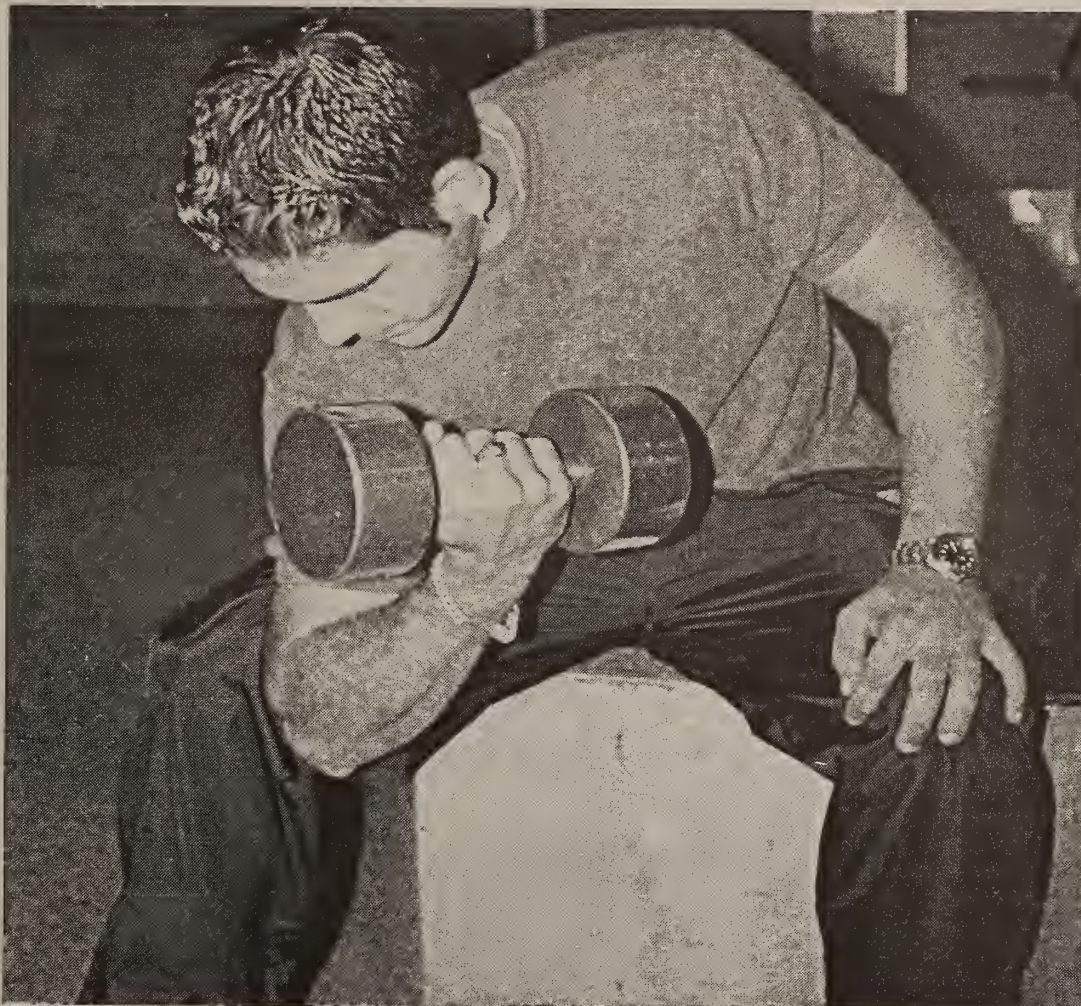
The cost of membership varies according to the plan but students receive a discount.

Fitness classes include aerobics, boxercise and punch, which is like Tae Bo, a combination of boxing and aerobics.

Members can enjoy saunas and whirlpools at the Good Life club.

Popeye's Gym, which is open 24 hours a day, is at 777 Weber St. E.

Membership costs \$40 per



Alex Costa, a first-year management studies student, makes good use of Conestoga's weight room in the Kenneth E. Hunter recreation centre.
(Photo by Tannis Fenton)

month, and students pay \$30. There is a \$50 registration fee.

Popeye's classes include aerobics, boxercise, step and toning and saunas are available in the change rooms.

The A. R. Kaufman YMCA is located at 233 Carwood Ave. and membership costs \$24 per month with a \$25 registration fee.

It offers aerobics, boxercise, power pacing, step and body sculpting classes, along with basketball, squash courts and a running track.

The club also has a swimming pool, whirlpool and sauna.

Several things should be considered when looking for a fitness club.

Campbell said service is a top priority.

"You want staff that's friendly," she said.

Clean equipment that works properly is important too, she added.

Aaron Watchorn, a customer-service representative for Popeye's Gym, said a variety of equipment is important when a student is considering a gym.

The cost of the membership, the condition of the weight room and how busy the gym is should be considered when searching for a club, said YMCA customer-service representative Matt Elgie.

COUNSELLOR'S CORNER: DEPRESSION

Most of us have experienced waking up in a bad mood or "feeling the blues". These feelings are usually of short duration and have minimal impact on our lives. Some people experience sadness, loneliness, hopelessness, self-doubt, and guilt for weeks, months and even years. These experiences characterize depression, an illness believed to affect one in ten.

Here are some signs which might indicate that you or someone you care about is experiencing depression:

FEELINGS - Loss of joy in formerly pleasurable activities; crying a lot or feeling emotionally "empty"; hopelessness; worthlessness; loss of warmth towards key people in life; loss of sexual desire; deep sense of shame or self-doubt.

PHYSICAL - overwhelming exhaustion and lack of energy; insomnia or the opposite; loss of appetite or the opposite; physical aches and pains; digestive problems; headaches.

BEHAVIOUR - irritability, withdrawal; neglect of responsibilities or appearance; reduced ability to concentrate, remember or cope with daily activities. If these symptoms persist, or if their intensity is causing you to consider suicide as an option, it is important to seek assistance with a knowledgeable professional. On campus, counsellors are available in Student Services (2B02); a nurse and doctor are available in Health & Safety Services (inside door #3).

Pick up a free brochure at our display table (just inside door #4) during the week of October 18.

A free presentation, "Preventing Suicide," will help you learn ways to identify signs of suicide and what you can do to help yourself or a friend.

Wednesday, October 20, 1999
1:30 - 2:30 p.m.
Room 1C15

A Message from Student Services (Room 2B02)

Boxercise: a new choice for fitness

By Tannis Fenton

People who are bored with conventional fitness classes or looking for something different may want to try the latest trend to hit fitness clubs.

Boxercise is a workout that integrates boxing, martial arts and aerobics. Upper cut, hook and jab punches are combined with roundhouse, front and side kicks for a complete workout.

The boxercise craze is largely due to the popularity of Tae Bo, a combination of boxing and aerobics, which was created by Billy Blanks.

Blanks is a U.S. martial arts champion who began teaching Tae Bo in 1989.

"Tae Bo has really given it (boxercise) a kick start," said Karen Toth, owner of Stretch Your Life, a Pilates exercise centre in Kitchener. Pilates are exercises based on proper stretching, breathing and posture.

Amanda Jensen, a clerk at Popeye's Gym in Kitchener, said boxercise is fun and differ-

ent, which has helped it become popular.

"It's really motivating and it's a challenging workout," said Natalie Burberry, who is membership co-ordinator at Good Life Fitness in Kitchener and does boxercise.

Boxercise utilizes more upper body muscles than aerobics, said Toth, who teaches boxercise at Stretch Your Life.

There's no impact in boxercise because it involves natural movements, Burberry said.

Jensen said, "It's a good cardiovascular workout."

But people doing boxercise need to be careful.

Boxercise is tricky because martial arts are involved, said Toth.

"If you don't train properly, you're bound to have repetitive strain injuries," she said.

Toth said stretching for five to 10 minutes before and after working out is crucial for safe exercise.

Jensen said people who boxercise shouldn't overexert themselves.



Rebecca Miller (front) sweeps the ball from an unidentified Fanshawe player in women's varsity soccer, Sept. 27.
(Photo by Angela Clayfield)

Falcons slam Condors

By Angela Clayfield

Despite a valiant effort, the Condors' women's soccer team failed to put the ball in the box and lost 1-0 to the Fanshawe Falcons Sept. 27.

Inability to score goals was a problem for both teams, said Falcon coach David Peak.

"The unfortunate part about it (the game) is that we can't score goals," he said. "The good thing about it is you (Conestoga) can't either."

Condor coach Geoff Johnstone agreed but said there wasn't a decent shot to be made in the whole game.

Peak said the girls were well matched but with the opportunities both teams had, the score should have been about 10-9.

Injuries and fatigue are still contributing factors, Johnstone

said. The team had played seven games in three weeks.

Fitness is also an issue. Players who practised all summer are more fit than those who didn't.

"We don't have time to get them fit if they don't have a fitness base to start with,"

Johnstone said.

"You can see five or six who played through the summer or through the high school season up to the end of June. They're really in good shape."

David Peak,
Falcon coach

"The unfortunate part about the game is that we can't score goals."

end once in the first half when Fanshawe, who dominated the field through most of the game, scored the first and only goal.

Overall, both coaches said the women played well given the circumstances.

Conestoga's next home game will be Oct. 12 when the women play the Lambton Lions at 4:30 p.m.



Conestoga Condor Erin Marshall (left) and an unidentified Fanshawe player chase after the ball.

(Photo by Angela Clayfield)

Condor sports briefs

By Nicole Furlong

For the week of Sept. 27 - Oct. 3, Conestoga Condors varsity action results are as follows:

SOFTBALL

In women's softball action, the Condors won their fifth-straight game by trampling Loyalist College, defeating the team 16-6 at Conestoga on Oct. 1.

Home-team scorers were Cassy Chilton with three runs, Tanya Holland, Lindsay Harrison, Andrea Douglas, Leigh Marostega and Michelle Kirwin with two and Christine Fountain, Lori Walden and Carrie Cruickshanks with one each.

The women's final home game was played on Oct. 5 against Seneca College. Scores will appear in next week's paper.

HOCKEY

In men's hockey action, Humber College defeated Conestoga 5-3 in an exhibition game on Friday.

Scorers for the Condors were John Suckert, David Money and Adam Duce.

The team will begin league play on Oct. 23 at 3:30 p.m. at home against Cambrian College.

SOCCER

In women's soccer action, the Condors were defeated 1-0 by Fanshawe College at home on Sept. 27.

The lone-goal scorer for Fanshawe was Kelly Sweet.

On Oct. 1, Conestoga shut out George Brown College with a score of 3-0.

Home-team scorers were Angela Papazatos, Tanya Listar and Diana Jailall.

The women play their next home game on Oct. 12 at 4:30 p.m. against the Lambton Lions.

In men's soccer action, Conestoga was defeated 3-2 by George Brown College on Oct. 1.

Home-team goal scorers were Paul Muradian and Derhan Sherifali.

The guys play their next home game on Oct. 14 at 4:30 p.m. against the Fanshawe Falcons.

Varsity men's hockey team gets new look

By Nicole Furlong

Conestoga's men's varsity hockey team has only four returning players this season, which has coach Ken Galerno excited.

Although this year's team has so many fresh faces, Galerno said they are faster and have more depth than last year's group.

The team has already won three of four exhibition games. The season begins Oct. 23.

For the past three weeks, the team has been practising three to four times weekly, giving Galerno a chance to pick the team as well as put lines together.

The coach said the men have been going at it hard and have shown a good level of commitment to practices and the team.

Galerno said man-for-man, the team might not be as talented as the competition. However they have tremendous commitment and depth and he said he'd take that combination any day.

"We have players from the OHL, the Minor Hockey League and the Junior B and C leagues," he said.

Galerno, who is a rookie himself, this only being his second year as the team's coach, said his expectation for the team this year is to be

"This is great calibre hockey and I'd like to get fans out to root these guys on."

Ken Galerno,
coach

provincial champions.

"I wouldn't be here unless I thought we'd make it," he said. He also acknowledged it wouldn't be easy.

Galerno said he expects Flemming, Cambrian and Seneca colleges to put together good

teams to challenge Conestoga.

The team, which ended last year with just over a 500 average, finished in third place in the provincial championships and second in the nationals.

"This is great calibre hockey and I'd like to get fans out to root these guys on," he said.

He added the guys "work their butts off" and deserve recognition from the students and community.

To prove the Condors have put together a good team, Galerno noted they have been invited to an Oktoberfest tournament, which normally only university teams play in.

He said he believes they were invited because of Conestoga's good relationship with the two Waterloo universities and their status.

"It will be a tough challenge for us, but we'll do okay," Galerno said.

This year's captain is Ian MacDonald, who started with the team in January 1998.

Galerno boasted his captain has a lot of character and will bring a lot to the team both on and off the ice.

The Condors' first game will be at 3:30 p.m. on Oct. 23, at home against Cambrian College.